

FAMILY MATTERS



March 2011 Volume 3, Issue 3

JOBS

New Employment
Partnership offers more
assistance to job-seekers

Summer Camps for Kids

CONNECTING LINKS

Together. Better. Stronger.

Save the Date!

Supporting Children of the National Guard and Reserve Institute

Please mark your calendar for the upcoming professional development training! The purpose of this course is to educators and professionals to reach out in a support network to the children and families of the National Guard and Reserve. This training is open to guidance professionals, school administration and other caring adults interested in learning more about the military child.

Supporting Children of the National Guard and Reserve Institute

Date: March 9-10, 2011

Registration and Breakfast: 8:00-8:30 am

Institute Training: 8:30-4:00 pm

Place:

WS/FCS Education Building
4801 Bethania Station Road
Winston-Salem, NC 27105

Attendance Requirement:

95% attendance is required to receive
institute credit and course materials

Cost: Funded by OSD/DA
No cost to participants.

For more information about this training or other professional development opportunities, please contact Jaime Cahn at 254-953-1923 or Jaime.cahnd@MilitaryChild.org. Please visit www.MilitaryChild.org, click the Upcoming Trainings tab to register.

Log on to MilitaryChild.org to register!

Participants will have the opportunity to earn educational credits in the form 1.2 CEU's for \$25.00 and/or 1 hour of graduate credit from Texas A&M– Central Texas for \$175.00, payable at the completion of the training.

Limited Seats Available! Register Early!





Hello everyone,

As I think about writing this month's Director's Column, I'm reminded that it's March. We're already approaching the third month of the new year. It's a great reminder for me, and I hope for you as well, that time flies. It's so crucial to prioritize what's important – which is Family. We all have lots to do in managing our daily lives; and being a Military Family adds in a few extra "twists" and "turns" that many other (also-busy) people don't have to face.

That's why I am so extremely excited about the President's recent announcement about strengthening Military Families. The idea that the entire federal government will seek innovative ways, and create or enhance programs for Military Families is phenomenal.

You've supported our Nation and State, and our Nation and State support you.

Here in North Carolina, I believe that we've always been on the frontlines of the battle to support Military Families. From family assistance centers in armories to our newer ones out in the community, we've fought for it. We've been fortunate to have leaders and communities who also believe in our cause. We've partnered with national organizations such as Military Child Education Coalition, National Military Family Association, Zero to Three, and more. We're diligently working to make sure that being a Military Family is a little easier.

We developed several new programs. The **North Carolina Military and Veteran Partnership (NCMVP)** is a voluntary Military/community cooperative partnership organized to allow service providers to engage in multiservice networking to help connect Service Members and Families to local Military and/or community resources. Also, our **North Carolina Employment Readiness Program (NCERP)** is designed to expand employment opportunities to improve the financial readiness of North Carolina's Military Families through better employment. Plus, don't forget to utilize our **Legal Assistance** team if you have any legal questions.

Be sure to find us on Facebook because that's the way we put out those great and sometimes inevitable last-minute opportunities. Even more, it's a way that we share the information that we receive. Many years ago, we didn't have this great option for Families so, please take advantage of it. Last year, we received lots of opportunities from free bridal gowns, to discounted tickets ... you name it, and that's the best way for us to spread the word. We also diddle on twitter, if you're interested.

We hope that this publication is beneficial to you and your Family by bringing you the latest information on new and existing programs and upcoming events. This month, we've highlighted a local motorcycle group who donated two (2) truckloads of toys to military children during the Holidays. You'll see information on our expanding employment partnerships. We also wanted to demystify the VA for those who are eligible to take advantage of the many benefits offered. Also, in this issue are some tips on summer camps. Now is the time that experts recommend planning what your child will do over the summer. Pretty soon, we'll let you know about our upcoming Kids on Guard day drills and overnight camps and a weeklong NCNG Teen Camp. Lastly, FRGs are invited to participate in our upcoming March webinars.

I hope that your year is progressing on a positive note. We value your feedback. Let us know how we're doing, what issues or topics you'd like to see covered, etc.

We're here to support you.

Sincerely,

Diane Coffill
State Family Program Director

Family Matters

March 2011

Diane Coffill

State Family Program Director
diane.coffill2@us.army.mil
(919) 664-6324

SFC Ramona Scott

Family Program NCOIC
ramona.scott1@us.army.mil
(919) 664-6000 ext. 7005

SFC Calvin Buchan

Family Program Assistant
calvin.buchan@us.army.mil
(919) 664-6124

SGT Daniel Holland

Family Program Assistant/
Warehouse
dan.holland@us.army.mil
(919) 664-6562

PFC Carrie Stevens

Family Program Assistant
carolyn.stevens1@us.army.mil
(919) 664-6000 ext. 6876

Lana Greer

State FAC Coordinator
lana.m.greer@us.army.mil
(828) 271-5029

Kathleen Flaherty

Airman & Family Readiness
Program Mgr.
kathleen.flaherty.ctr@ncchar.ang.af.mil
(704) 398-4949

Pamela Hughes

State FRG Advisor
pamela.hughes5@us.army.mil
(919) 693-5016 ext. 11

Alice Dean

State Youth Coordinator
alice.dean@us.army.mil
(919) 664-6000 ext. 16289

North Carolina National Guard
Family Programs State Office
4105 Reedy Creek Road
Raleigh, NC 27607-6410
(919) 664-6053

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Passion To Serve and Ride

Many times you might have heard the saying, "Being in the military is not just a job it is a way of life." In the North Carolina National Guard many Soldiers and Airmen carry on that tradition but one has made it her passion.

Master Sgt. Ann Heath, a member of the North Carolina National Guard and motorcycle enthusiast, has been in the North Carolina National Guard more than 24 years. Heath said, "Everywhere I go I cannot help but tell people about the Kids On Guard program."

Years ago, Master Sgt. Ann Heath's sister, SFC (Ret) Debra Austin and single mother of 8-year old Chris Heath, deployed with the 690th Maintenance Battalion, to Operation Desert Storm. Heath said, "My mom and I took care of my nephew when my sister was deployed. I saw what he was going through." Chris was the only military kid at his school who had a parent deployed. He did not have a place to share what he was going through. She said, "His teacher at the time really didn't understand the impact on him." In the 90's there was no Kids on Guard program for military kids and there was no Military Child Education Coalition Guard and Reserve Institutes for education professionals. Heath said, "The Kids on Guard program is important...it is something my nephew would have enjoyed and benefited from. We can capture missed moments and try to stay in touch as best we can but Kids sometimes need a safe place with others going through the same thing. They need to be able to say to each other, You know, this sucks."

Over the years Heath, a 20-year resident of Raleigh, would go riding with her friends and when she introduced herself to other riders she found a way to plug in her passion for the North Carolina National Guard and the Kids on Guard Program. She said, "People just started coming up to me saying they wanted to do something for the program."



The first group, Share the Wealth Networking, held a fundraiser in June 2010. Community support poured out during the event. Hannah, Donna, Liesl and Ann, collected more than \$1400 dollars for the Kids on Guard program. This event was just the beginning of more support to come.

In December 2010 the Raleigh and South Wake Motorcycle Club Chapters, Desperado's, got in touch with Heath and told her they had done a fundraiser for Kids on Guard and had some toys to deliver. Motorcycle enthusiast and Desperado's Motorcycle Club Member, Robert, said, "We attended an event that was held by Operation Kids on Guard and learned about your organization. Although short notice, we decided we wanted to give back to our military families that are deployed in the war for all that they do for us. During the holiday's, many people forget the people that make our country what it is and for that, we wanted to give thanks." It was more than just some. The club had collected two truckloads of toys for North Carolina National Guard Families. Robert said " ... There are no words to express the feeling of selflessness when we dropped the toys off. Knowing that the event we held would help make the children and families a little more content at Christmas is the best feeling in the world."

Heath's passion for the Guard and for military children is becoming viral in the "rider" community. For a third time, Heath was contacted by an organization interested in supporting Kids on Guard during a charity Poker Run this spring. Heath said, "Military kids are really important, I don't want them to have to be in the position my nephew was years ago."

In December, members of the Desperado's Bike Club joined together in support of Kids on Guard and donated two (2) truckloads filled with toys especially for military children.

Photo courtesy of Desperado's Bike Club

Follow us on
Twitter

@ncngFamily



Become a Fan



Search North Carolina

National Guard Family
Programs

Yellow Ribbon



YELLOW RIBBON TEAM

800-621-4136

EXT. 46054

UNIT	DATE	LOCATION	TYPE
105 th EN BN & A-Co 30th STB	March 18-19	Greensboro	60 PDHRA
1-131 AVN BN	April 1-2	Greensboro	Pre-Deployment
HHC 105 th MP BN & 163 RD ASMC	April 15-16	Asheville	30 Day
HHC 105 th MP BN & 163 RD ASMC	May 20-21	Asheville	60 PDHRA
CO B 3-20 SFG	June 24-25	Raleigh	Pre-Demobilization

*Upcoming Event information subject to change.

“Laughing Your Way to a Better Marriage” Strong Bonds—Marriage Enrichment Retreat

March 25-27: Sheraton, Atlantic Beach
April 29-May 1: Renaissance, Asheville
July 8-10: Beach
July 29-31: Beach
August 12-14: Raleigh
August 26-28: Mountains

RESERVE YOUR SPACES



**Learn how laughter can lead to
a happier marriage and better
communication.**

Registration Forms are at www.nc.ngb.army.mil/index.php/fp/strong-bonds/marriage-enrichment. Contact PFC Stevens at (800) 621-4136 ext. 46876 or carolyn.stevens1@us.army.mil for questions.

NCNG Legal Assistance Program

The North Carolina National Guard Family Programs Legal Assistance Program offers a wide variety of legal services that we make available to all our eligible Service Members, retirees, and their dependents.

Among these are:

Estate Planning: Wills, simple trusts, powers of attorney, “living wills”

Estate Administration: Advice on how you can be a successful estate executor/administrator

Family Law Problems: Separations, child related issues, adoptions, paternity

Consumer Law Problems: Automobile issues, scams/identity theft, creditor problems, landlord/tenant disputes

Many Others: If you don't see your problem here, just ask us. If we can't help you directly, we'll refer you to someone who can.

APPOINTMENTS

Appointments with the legal assistance attorneys are available Monday through Friday during duty hours at the Claude T. Bowers Military Center, 4105 Reedy Creek Road, Raleigh, but you must call ahead so that we can be sure that we allocate the appropriate amount of time with the attorney for you to discuss your case.

To make an appointment with our legal assistance attorneys in **Raleigh**, please contact Ms. Sarah Boshears or Ms. Kristine Knodel, paralegals, at (919) 334-9957.

If you are in the **Charlotte** area, you can get general information about different types of legal problems or request a phone consultation with a legal assistance attorney by contacting Mr. Shane Judd, paralegal, at

(919) 485-9566

AIR FORCE 2011 CAMPS

Air National Guard Families can apply for one or all three of the 2011 camps.

For additional information, contact Kathleen Flaherty, Airman & Family Readiness Program Manager, at kathleen.flaherty.ctr@ncchar.ang.af.mil or (704) 398-4949.

Teen Aviation Camp

Air Force Services in conjunction with the United States Air Force Academy invite you to experience the Air Force Academy firsthand during the 11th annual Teen Aviation Camp! The camp will be held at the USAFA in beautiful Colorado Springs, CO, from June 4-9, 2011. The camp is for high school students entering their sophomore or junior year in the fall of 2011. Teens interested in applying must review the general information/instructions on the Air Force Youth Programs website at www.afyouthprograms.com/teenaviationcamp.htm, and submit the package to the 145th AFRPM, Kathleen Flaherty, by March 15.



2011 Air Force Reserve/Air National Guard Summer Teen Leadership Retreat

This camp is for high school students freshman (must have completed 9th grade) to senior year in the spring of 2011 who are interested in leadership, team dynamics and peer mentorship. Teens interested in applying must review the general information/instructions on the Air Force Youth Programs website, www.afyouthprograms.com/teenleadershipcamp.htm, and submit the package to the 145th AFRPM, Kathleen Flaherty, by March 25.



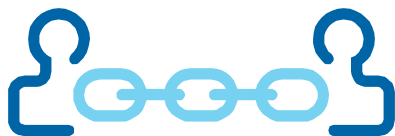
NASA Space Camp is a six-day program that shows young men and women firsthand what it takes to be an astronaut. Activities include simulated Space Shuttle missions, training simulators, rocket building and launches, scientific experiments, and lectures of the past, present, and future of space exploration. This full scholarship camp is offered in Huntsville, Alabama. Space Camp Application deadline is March 10 each year (when March 10 is on a weekend, the deadline is the following Monday after March 10). Return applications to the 145th AFRPM, Kathleen Flaherty, by the deadline. To apply, visit www.afyouthprograms.com/spacecamp.htm.

For more detailed information about the Space Camp, visit their website at www.spacecamp.com.

Military Family Connection Group

March 5, 12-2pm

Asheville-Mountain Area Red Cross
100 Edgewood Road, Asheville, NC



A special lunch invitation for Military Families to meet others in the area.

AmeriCorps Volunteers will be available to keep the little ones busy. AmeriCorps is a program of the Corporation for National and Community Service and independent federal agency.

Sponsored by: NCNG Asheville Military Resource Center
and WNC Regional Red Cross

North Carolina Military & Veteran Partnership (NCMVP) Region 4 Meeting

March 15, 9am-12pm
Aberdeen American Legion
211 Main Street, Aberdeen, NC

Join us as we collaborate on how to bring community resources to Guard Families through partnerships.

For more info, contact Amy Wallace, FAC Specialist,
amy.wallace3@us.army.mil or (910) 672-5125.

Homeschool Extravaganza Resource Fair March 16, 9-11am

Linden Oaks Community Center
1 Hilltopper St., Cameron, NC

Questions about Homeschooling
Thinking about Homeschooling
Looking for Curriculum
Ask the Experts
Division of Non-Public Education

For more information, contact School Support Services at: Soldier Support Center:

(910) 432-1008 or (866) 567-5899

braggschoolliaison@conus.army.mil
www.fortbraggmwr.com/sls/sls.php

A PLACE WHERE FAMILIES ARE THE TREASURE



NCNG FAMILY RETREATS

JUNE 24-26: SPRINGMAIL RESORT, MYRTLE
BEACH

AUG. 12-14: MOUNTAINS

ROLLING WAVES OR OPEN SKIES PROVIDE A DRAMATIC BACK-
DROP FOR OUR MILITARY FAMILIES.

SIGN UP FOR A FAMILY RETREAT AT

www.nc.ngb.army.mil/index.php/fp/strong-bonds/family-retreat/.



(U.S. Air Force photo/Tech. Sgt. James Branch)

COMMISSARY ON-SITE SALE

Friday, March 11
Saturday, March 12
9am-6pm

North Carolina Air National Guard
145th Airlift Wing
4930 Minuteman Lane, Charlotte

*For the savvy shopper ...
a commitment to savings*

Busting Myths About VA Health Care Eligibility

By Alex Horton
VAntage Point



Rumor mills are permanent fixtures in schools, offices and wherever people congregate, and most of the time they're pretty innocuous. But myths and rumors that deal with health – in this case Veterans health – are a serious matter that can prevent qualified Veterans from seeking the care they both need and deserve. Many of these myths have come up in the comments section, and others I hear from the guys in my old unit. The myths won't die unless they are addressed clearly, so we present you the most common ones we hear and the straightforward answers they need.

Myth Number One – I wasn't injured in the service, so I'm not eligible for VA health care.

Status: False

One of the most common myths revolves around eligibility for health care at VA. Many think that you have to first establish a disability rating before you can start to make appointments, see doctors and receive medication. That is not the case. If you served in the military, even during peace time, and were honorably discharged, you likely qualify for VA care. Even if you don't meet those requirements, special circumstances might apply, like Vietnam service, exposure to Agent Orange and household income. The best way to find out if you qualify is to submit an application for health benefits. You can fill one out online or at a VAMC. If you are an Iraq or Afghanistan Veteran, there are special combat Veteran benefits from VA, like temporary access to dental care and guaranteed access to Priority 6 for five years (unless you are eligible for a higher priority group). See the priority enrollment groups here. Also, if new regulations are established regarding health benefits, VA will automatically reassess your case if it's on file.

Myth Number Two – I can only receive care for service connected injuries.

Status: False

You can receive care for any ailment, service connected or not, but the difference is paying for medication relating to treatment. For example, if a Veteran has a service connection because of a bad knee, any treatment and medication for the knee is free of charge. However, if the same Vet goes into surgery to remove an appendix and it's not service connected, he may be subject to a co-pay depending on the amount of his disability rating. Familiarize yourself with co-pay guidelines and rates.

A small number of Veterans can only be treated for their service connected disabilities and nothing else. If one of those Vets is service connected for their left foot, they can only use VA health care for their left foot and nothing else.

Myth Number Three – I make too much money to qualify for VA health care.

Status: It depends

If you do not have a service connected disability, you must verify your income with VA to see if you qualify for free medication and travel benefits. If you generate too much income (a maximum income level set every year by Congress), you may have to pick up the tab for traveling and receive your medication using co-pay. Recently, the rules have been changed for Priority 8 Veterans who have income that exceeds the threshold and disallowed new enrollments. See the income calculator on www.va.gov to see if you qualify.

Myth Number Four – I can't use VA health care if I have private health insurance.

Status: False

From VA's Health Eligibility Center Director Tony Guagliardo, "We strongly encourage Veterans to receive all your health care through VA. However, if you choose to receive treatment from private doctors, VA will work with them to meet your health care needs and coordinate effective treatment. We call this Co-managed Care or Dual Care – which means that your VA and private doctors will work together to provide safe, appropriate, and ethical medical care."

Myth Number Five – If I'm 100 percent disabled, that means I'm permanently disabled.

Status: False

You could have a 100 percent disability rating as a temporary status while you undergo surgery, and have it reduced to its previous rating after you heal. 100 percent doesn't necessarily stay with you. This summary of myths is very general, but we hope to receive more specific questions in the future. We look forward to dispelling myths about other parts of VA as well.

Reprinted from VAntage Point, the official blog of the U.S. Department of Veterans Affairs, November 18, 2010.

For more information go to www.blogs.va.gov/VAntage/.

Single Soldier Retreats

"How Not to Date a Jerk or Jerkette"

April 29-May 1: Myrtle Beach

August 26-28: Raleigh

Visit www.nc.ngb.army.mil/index.php/fp/singles for more information.

The **Pat Tillman Foundation** invests in veterans and military families through education and community. The Tillman Military Scholars program supports our nation's active and veteran servicemembers and their families by removing financial barriers to completing a degree program of choice. The scholarships cover not only direct study-related expenses such as tuition and fees, but also other needs, including housing and child care. To date, 111 Tillman Military Scholars representing 28 states and attending 46 institutions nationwide have been awarded over \$1.3 million. These scholarship funds are just a portion of the Tillman Military Scholar experience which also focuses on guiding an engaged community and providing essential resources that enable Scholars to serve and lead in their local communities.



Who can apply to become a Tillman Military Scholar?

- Veteran and active servicemembers of both pre- and post-9/11 service Servicemembers who wish to start, finish or further their education
 - Those enrolled as a full-time student at an American institution of higher learning
 - Those whose benefits have expired or do not meet their needs
- Servicemembers of all branches of the U.S. Armed Forces: Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard and Reserve Servicemembers pursuing undergraduate, graduate, post-graduate, 2-year, 4-year, public, private, vocational and trade degrees or certifications
- Dependents of servicemembers (children between the ages of 19 and 28 and spouses)
 - Those whose benefits are insufficient or not transferable from their mother/father/husband/wife
 - Those who are survivors of a servicemember

What criteria will be considered for selecting Tillman Military Scholars?

- Unmet financial need
- Educational and career ambitions
- Record of personal achievement
- Compelling, thoughtful, genuine and thorough essay question responses
- Demonstration of service to others in the community and a desire to continue such service

Annual renewability will be considered for most scholarships based on expected graduation date, proof of full-time student status, minimum GPA earned, Tillman Community engagement and documented participation in civic action or community service. Additionally, scholarship funding can only be used toward a single degree or certification.

Documents Required

To complete the application, the following documents will need to be uploaded:

- Documentation of military service (DD214 (separation documents), Officer Record Brief, Enlistment Record)
- Brief, Basic Individual Record, NGB 23, Unit Move Orders or other documentation verifying military service)
- Résumé (including education, work, public service history, recognitions and awards earned)
- Three (3) essay question responses (to be inserted into the online application)

In addition to the documents requested above, semifinalists will need to provide the following documents:

- Financial aid award letter from institution for 2011-2012
- 2011-2012 Student Aid Report (SAR) pages 1 & 4, summary from the FAFSA website
- Photo highlighting your or your family member's military service

The online application will open on
March 7, 2011 at
www.patillmanfoundation.org.

A limited number of applications will be accepted.

Prepare your application now and be ready to apply early.

For more information, please contact scholarships@patillmanfoundation.org.

WOMEN VETERANS HEALTH CARE

*You served, you deserve
★ the best care anywhere.*



VA Provides Valuable Gender-Specific Services

By Steve Wilkins
VISN 6 Public Affairs

Many female Veterans are surprised when they encounter women representing VA at various functions. In conversations with the VA representatives, they learn that VA has a separate Women's Clinic in most VA Medical Centers. Some, according to the VISN 6 Lead Women Veterans Program Manager Shenekia Williams-Johnson, are astounded that VA offers care for women. "They just didn't realize the benefit was extended to them."

VA is currently in the middle of a television ad campaign inviting all Veterans to take advantage of VA benefits they have earned, but may be unaware of. It is one step in a robust outreach effort aimed at welcoming returning service members to help ease their transition from military to Veteran status.

"VA is committed to reaching all Veterans to say 'thank you for your service', and to let them know about the health care, benefits and services available to help them meet whatever challenges lie ahead," said VA Secretary Eric K. Shinseki. The 30-second advertisement focuses on Veterans returning from Iraq and Afghanistan, and shows the path a Veteran might follow from boots on the battlefield to addressing possible health issues, as well as going to college, finding employment and buying a home. The ad emphasizes the goal of a seamless transition between DoD and VA.

Many women are unaware of their VA eligibility, even though they have served alongside men in qualifying roles. Kenya Graham, a VISN 6 Women Veterans Outreach Coordinator, says one of the most significant changes is that VA can now pay for maternity care for qualified female veterans. She said, "with the cost of maternity care, especially in cases where families have no insurance or high deductibles, this is big news!" VA will pay up to the first seven days for newborn care; "This is a brand new program, so most women do not know about it," she added.

For J'Metria Anderson, learning about the benefit was just in time and made a huge difference. She met Graham at the North Carolina Governor's Conference for Women where Graham was staffing a VA booth.

"I was very excited to hear that the VA offered assistance with maternity care, well more like ecstatic!" Anderson said. "I don't think I stopped smiling that day...[the assistance] means so much for me and my family."

Graham said the prospect of paying to have a child and other related expenses is so daunting to many Veterans and their spouses that the new benefits astound most.

Anderson said she and her husband "are so very grateful, I just had to spread the news, and I hope Kenya or another VA representative can appear at my job's health fair next year to help other Veterans learn more about their VA benefits."

Ruth Miller, also a VISN 6 Women Veterans Outreach Coordinator, agrees that many women have no idea they may be eligible to come to the VA for primary care and more particularly, gender-specific services such as pap smears and mammograms. Miller said some women Veterans don't consider themselves Veterans because they did not serve in combat or they did not retire after a full career. She added, "Some still think you have to be disabled to come to the VA."

"VA is interested in allaying that myth and is committed to making sure every female understands that if she served, she deserves and can get VA care," Graham stated.



Frequently Used Numbers ...

DEERS: 800-538-9552

Emergency Operations Center: 919-664-6531

Employment Readiness: 828-274-8571

Integrated Behavioral Health System: 800-621-4136 x.1

Legal Assistance: 919-334-9957

Military OneSource: 800-342-9647

Personal Financial Counselor:

David Porter, 704-280-9555

Tricare: 877-874-2273

Partnership provides assistance to job seekers

The North Carolina Employment Readiness Program has been actively seeking partners to provide needed employment assistance to Guard Members and their Families. We are very happy to be able to introduce you to one of our new partners: The Military Spouse Corporate Career Network (MSCCN).

MSCCN is no longer serving just military spouses, they now assist veterans, National Guard and Reserves, transitioning military, and caregivers of war wounded.

MSCCN provides such direct services as **resume assistance**, **practice interviews**, **virtual trainings** (on such topics as networking, interviewing, and making the most of a job fair, etc.), and **one-on-one mentorship**, along with **job club support** and a **volunteer program** that offers current career experience as you look for a job.

To visit their website, go to www.msccn.org – they have good information on resumes, job search tips, etc. You can also search for jobs with MSCCN corporate partners at www.msccn.org/jobseekers.php. There are two job search databases - one with job opportunities submitted by some of our corporate partners and the other titled **Search for Openings with Direct Employers** - a new partnership that provides access to job opportunities from over [540 companies interested in hiring National Guard, military spouses, and veterans](#).

If you are interested in getting assistance through the MSCCN, please visit their “For Job Seekers” section at www.msccn.org/jobseekers.php and upload your contact information and resume.

When creating your account, you will be asked how you learned about MSCCN, please be sure to select “Guard_NorthCarolina” to ensure that you are identified as part of this program. Once you have created an account with MSCCN you will be contacted by a member of their Gateway Team to further discuss your current job search and how to move forward.

Contact David Ponder, NC Employment Readiness Specialist at (828) 274-8571 or david.ponder@us.army.mil.

career fairs. employment opportunities.



Virtual Career Fair for Veterans and Military Spouses March 10, 11am

Meet with dozens of industry leading employers and government agencies in one day and without the cost or hassle of having to travel. Register today for your chance to win an apple iPad.

In Cooperation with: Department of Labor; VA; MOAA; IAVA; Wounded Warrior Project; Student Veterans of America; Hire Heroes USA; USO; and Disable American Veterans. Register at www.veteranscareerfair.com.

RECRUIT MILITARY®

OPPORTUNITY EXPO

employment OPPORTUNITIES | entrepreneurship OPPORTUNITIES | educational OPPORTUNITIES

Thursday, March 10: 11am-3pm

Carter-Finley Stadium, Vaughn Towers

4600 Trinity Road, Raleigh

To register for the event or for more information on RecruitMilitary Veteran Opportunity Expos, please visit recruitmilitary.com.

A free hiring event for veterans who already have civilian work experience, men and women who are transitioning from active duty to civilian life, members of the National Guard and reserves, and military spouses.

Produced by RecruitMilitary in cooperation with The American Legion and Purple Heart Services.

Child & Youth Program Staff

Alice Dean

State Child & Youth Coordinator
(800) 621-4136 ext. 47616
(919) 664-7616
alice.dean@us.army.mil

Bridgette Carroll

KOG Coordinator
(800) 621-4136 ext. 8820 line 21
bridgette.carroll@us.army.mil

Kristi Wagner

Youth Coordinator
(800) 621-4136 ext. 8820 line 23
kristi.wagner@us.army.mil

KIDS ON GUARD

UPCOMING EVENTS
MARK YOUR CALENDARS

Day Drills

May 21, 2011

Greenville Armory
1401 N. Memorial Drive
Greenville, NC 27834

September 17, 2011

Durham Armory
801 Stadium Drive
Durham, NC 27704

October 1, 2011

Air Guard Regional Training Site,
39471 Hercules Drive
New London, NC 28127
(Register with Kathleen Flaherty,
145th AFRPM)

*Day Drills for the following areas
to be announced soon: Triad Area,
Charlotte Area, Asheville Area,
Wilmington Area*

Weekend Camp

August 12-14, 2011

Camp Butner Training Site,
539 Roberts Chapel Road
Stem, NC 27581

Dates/Locations subject to change.

Choosing a Camp



Jumpstart your child's summer camp experience with tips from Military OneSource on choosing a camp.

It's important to learn as much as you can about a camp that you are considering. Some camps provide detailed brochures or videos that describe the setting, activities, and staff. Some recommend preregistration interviews with parents and children. One way to learn about a range of camps is to attend a camp fair or exhibition with your child. These information-gathering sessions are typically organized by community groups and take place in January, February, or March in school buildings, hotels, or at community organizations.

→ In General:

- **How large is the camp?** How are children grouped for housing? Some children who would be at ease in a camp with a smaller number of children are intimidated by situations with a large number of children and a broad age range.
- **What kinds of activities are there?** Is there a balance of structured activities and free time? Is the program organized around a philosophy of competition and proficiency, or are activities designed to provide learning and recreation? Can your child select from a menu of activities each day or week, or must all children follow the same schedule? What is the schedule for a typical day?
- **How are the needs and abilities of different age groups addressed?** If your child is under 12, and the age range of a camp includes teenagers, are the younger children given a program that focuses on their own age groups? Or, if you have a teenager, does the program provide enough challenge and stimulation?
- **How does the camp deal with homesickness?** Do campers have access to a phone or the Internet? Are parents encouraged to visit? Is there a visiting day?
- **What are the camp's discipline policies?** Ask for specific examples of staff guidelines for dealing with misbehavior. How has the camp dealt with serious issues such as substance abuse or bullying?
- **Who plans and prepares the meals?** What if a child doesn't like what is being offered? How would the camp accommodate special food needs?
- **What are the camp's emergency procedures?** Is a nurse available at all times?
- **How does the camp allow parents and children to keep in touch?** How often can your child call or write letters? Can children bring cell phones to camp or send email messages from an on-site computer center? Does the camp make Webcasts that allow you to see your child enjoying some of its activities or send you a video message? Camps policies on these vary greatly and may make a big difference to a child who is nervous about being away from home.

(Continued on next page)



29th Annual Fur, Fish 'N Game Rendezvous Millstone 4-H Center July 10-15, 2011

A once in a lifetime outdoor learning experience for boys and girls ages 11 to 16! Open to the first 85 registrants, the Beginning Fur, Fish 'N Game Camp is designed to give participants a better understanding of our natural resources and how we interact with them.

Fur, Fish 'N Game campers will have the opportunity to:

- Gain Hunter Safety Certification while learning about firearm safety for the field and home.
- Study wildlife and forests as renewable resources
- Learn about fishing and aquatic biology
- Study hunting as a viable wildlife management practice
- Gain knowledge useful in formulating an environmental (outdoor) ethic
- Practice outdoor recreation skills such as archery, riflery, canoeing, orienteering, and fishing
- Other classes and activities include retriever training, swimming, snake identification, first aid, ropes course, birds of prey, and taxidermy

Advanced Fur, Fish 'N Game Rendezvous Camp

Open to the first fifteen (15) respondents, this action packed camp is for youth that have successfully completed the Beginning Fur, Fish 'N Game Camp or have already obtained their Hunter Safety Certification. Campers will learn more in depth and detailed information about prescribed burning, wildlife surveying, fish and wildlife population dynamics, dendrology, animal damage control and endangered species management. If you think that you may be interested in a career in wildlife management, forestry or other natural resource fields...you will not want to miss this one!!

The Fur, Fish 'N Game Rendezvous Camp is sponsored by the NC Cooperative Extension Service, NC Wildlife Federation, NC Wildlife Resources Commission, the NC Bowhunters Association, the Wake County Wildlife Club, and the NC Division of Forest Resources.

Millstone 4-H Center, nestled in the beautiful Sandhills Game Lands of Richmond County, serves as the site for the program. Millstone 4-H Center, an American Camp Association nationally accredited camp, provides trained camp counselors while class instruction is lead by professional natural resource managers.

If you have any questions concerning the camp, please call Gene Shutt, Director, Millstone 4-H Camp 910-652-5905. You can register online at www.millstone4hcamp.org on the Summer Camps page or by mail with the included registration form. You can register online at www.millstone4hcamp.org on the Summer Camps page or by mail with the included registration form.

About Staff

- What experience and training are required of the staff? How are staff members selected? Does the camp provide any additional training? Are credentials and background of all staff members (and the director) easily available to parents? Are criminal background checks required for staff? Do all staff members have training in first aid, safety procedures, and CPR?
- What percentage of the staff is returning from previous years?
- What proportion of the camp staff are adult counselors, as opposed to counselors-in-training, who are usually young people between 15 to 18 years old?
- What is the ratio of counselors to campers for regular activities? Does the camp ensure that there is always at least one adult counselor in charge of each activity every day? Are more counselors added for activities that may call for extra supervision, such as swimming or field trips?
- Will your child be supervised at all times?
- If you are able to meet staff members, are they considerate and respectful of your child? Of you? Do you think they will have a positive influence on your child?

You can find a camp fair in your area by going to the Web site for the American Camping Association (www.acacamps.com). The ACA Web site also provides information about which overnight camps are ACA-accredited, which means the facilities and programs have met specific health, safety, and other standards. Many excellent camps do not take part in this process, however, so be sure to use accreditation as just one of your guidelines. You may also want to visit the site for the National Camp Association at www.summertimecamp.org, a free referral service that can help you find accredited camps.

(Article by: Military OneSource)

FREE ADULT/INFANT/CHILD CPR & FIRST AID or SIBLING/BABYSITTING CLASSES



Active Military, Guard and Reserve personnel and their Families; and, military veterans and their Families qualify to receive this free training.

Training locations are listed below; please call to register.

100 N. Peartree Ln., Raleigh	919-277-2803
801 S. Third St., Smithfield	919-934-8481
507 N. Steele St., Sanford	919-774-6857

**TRAINING MUST BE COMPLETED NO LATER THAN
MARCH 15, 2011**

In addition, the Cape Fear Chapter of the American Red Cross also offers FREE Adult/Infant/Child CPR and First Aid Classes to Military veterans and their spouses in Wilmington at S. 16th St., Wilmington, NC 28401.

To register, call 910-762-2683 ext. 360. Training must be completed NLT March 31, 2011. The Cape Fear Chapter has also announced its newest Health and Safety program —Babysitter Boot Camp. For additional information, please contact Wendy at FlynnW@usa.redcross.org.

Yoga For Warriors



Tuesday Evenings: March 1st UNTIL April 5, 2011, 6-7:30pm

WELLNESS FOR WARRIOR (W4W) OFFERS HOLISTIC LIFESTYLE SOLUTIONS TO PROMOTE BETTER HEALTH, RESILIENCY, WELLNESS AND HEALING FOR U.S. SERVICE MEMBERS, VETERANS & FIRST RESPONDERS.

American Red Cross, 100 North Peartree Lane, Raleigh, NC

For more information about W4W events and resources, go to:
www.meetup.com/Wellness-for-Warriors-Triangle or
www.semperfidelishealthandwellness.org.

MTL BOOT CAMP

MARCH 11, 9am-2pm

Caswell County Cooperative Extension
126 Court Square, Yanceyville

FRG Leaders and Volunteers are invited to come and experience the exciting world of the NC OMK's Mobile Technology Lab!

Training includes:

- 15 laptops; Printers; Scanners
- Software; PowerPoint
- Internet Safety
- Greeting Cards; Photo/Video
- Facilitate Connections between Soldiers & Families

Participants must commit to attend the full day's training to be eligible to borrow the MTL equipment. Space is limited to the first 20 participants who register and submit payment. Register by March 8 to Brandi Boaz, POB 220, Yanceyville, NC 27379. Make checks payable to Caswell County. For questions, contact Brandi Boaz at 336-694-4158 or brandi_boaz@ncsu.edu.



Pamela Hughes

FRG Advisor

105 West Spring Street
Oxford, NC

Email: pamela.hughes5@us.army.mil

Office: (919) 693-5016 ext. 11

Cell: (919) 485-9563

Family Readiness Support Assistants

Charlotte: **Nikkie Newsome**

nikkie.newsome@us.army.mil

(704) 359-5707

Clinton: **Sarah Strickland**

sarah.r.strickland@us.army.mil

(910) 299-5466

Goldsboro: **Greg Smith**

gregory.paul.smith@us.army.mil

(919) 739-5319

Jacksonville: **Judy Richardson**

judy.r.richardson@us.army.mil

(910) 347-4352/line 11

Morrisville: **Jim Roberson**

james.roberson@us.army.mil

(919) 664-7655

Oxford: **Norman Dean**

norman.dean@us.army.mil

(919) 693-3651 x. 27

FRG WEBINARS Family Readiness Group "Strong"

Tuesday, March 8, 1p.m. or 7p.m.:

What is a Family Readiness Group (FRG)?

Thursday, March 10, 1p.m. or 7p.m.:

B.A.S.I.C.'S - How to Start your FRG

Tuesday, March 22, 1p.m. or 7p.m.:

RESOURCES - For all Volunteers

Thursday, March 24, 1p.m. or 7p.m.:

FRG Communication 101

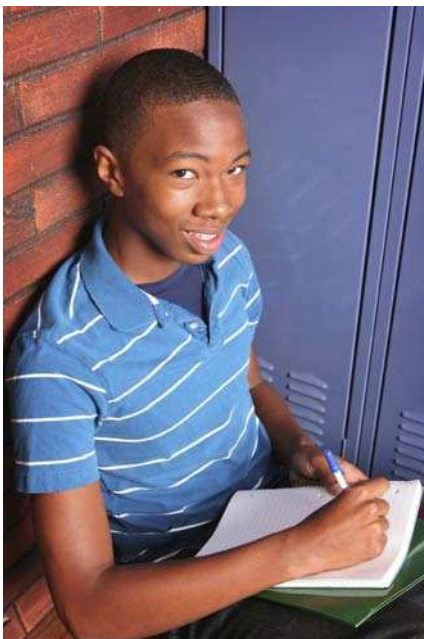
CONNECTING LINKS

Together. **Stronger.** Better.

In lieu of our planned February FRG Workshop at Fort Fisher, we've created a plan to make our training programs more accessible and more convenient. In March, we're offering several online events designed to educate, reeducate and inform ... and, inspire!

Together we are stronger and better. Shared resources across-the-board, all-access training and information from the comfort of your home. Join us in 2011 as we bring to you the first-ever series of FRG webinars in North Carolina. ... because you are an essential piece of our team. Access made easy!

Keep watch for additional details via JSS, Facebook, Twitter and e-mail.



2011 ASYMCA Art and Essay Contest: "My Military Hero"

The Armed Services YMCA is very proud to announce the 2011 ASYMCA Art and Essay Contest: "My Military Hero." Children of all active duty or retired (with 20+ years of service) military personnel from Army, Navy, Marine, Air Force, Coast Guard and National Guard/Reserve families in first through twelfth grade are eligible to enter. Volunteers will read essays and award the 1st and 2nd place favorites in each grade category with a US Savings Bond.

Grades 1 - 8: Should write an essay of at least 100 words but not more than 300 words

Grades 9 - 12: Should write no less than 300 words and no more than 500

Complete rules and entry forms can be downloaded from the ASYMCA Web site. Entries may also be emailed to tharper@asymca.org by March 18, 2011 or postmarked and mailed by March 18, 2011. Mail entries to:

ASYMCA

ATTN: Essay Contest

6359 Walker Lane, Suite 200

Alexandria, VA 22310

Call 703-313-9600 ext. 106 or email tharper@asymca.org if you have questions. All essays become the property of the Armed Services YMCA and will not be returned. Good luck!

JPMORGAN CHASE ANNOUNCES NEW PROGRAMS FOR MILITARY AND VETERANS



Reduced Servicemembers Civil Relief Act (SCRA) Pricing

Effective 4/1/11, subject to any required approvals, Chase will put in place a rebate or similar program for SCRA-protected military personnel, which will lower eligible borrowers' effective mortgage interest rate to **4%** while on active duty and for a year thereafter. That maximum rate is 2% lower than the 6% rate currently required by SCRA.

Military Modification Program

Beginning 4/1/11, Chase will introduce an enhanced modification program for all members of the military who have served on active duty as far back as 9/11/01. The program will be offered to those who are delinquent or having trouble making their mortgage payments. Subject to the required regulatory and investor approvals, the program will go beyond the government's Home Affordable Modification Program (HAMP) requirements. In addition, in cases when we modify any Chase-owned or Chase-serviced primary residential mortgage, if there is a second mortgage on the same property that is also owned by Chase, we will modify the interest rate on the second to 1%.

Home Ownership Assistance

Chase will not foreclose on any currently deployed active military personnel. This change goes beyond current SCRA requirements, which protects military borrowers against foreclosure only if they took out their loans prior to going on active duty.

- Chase believes we now have the systems and controls in place to avoid wrongful foreclosure proceedings on any military covered by SCRA. In cases where we have mistakenly foreclosed on military borrowers who should have been covered by SCRA, in addition to rescinding the sale, we will forgive all their remaining mortgage debt. Going forward, if we ever have a wrongful foreclosure sale on an SCRA covered customer, we will forgive all of their remaining mortgage debt, as well.

- Chase will donate 1,000 homes to military and veterans over the next five years through our non-profit partners.



By the end of 2011, Chase will open five new Chase Homeownership Centers in cities near the following large military bases:

1. Ft. Hood (Killeen), Texas
2. Naval Station Norfolk (Norfolk), Virginia
3. Ft. Bragg/Pope Air Force Base (Fayetteville), NC
4. Camp Lejeune (Jacksonville), NC
5. Ft. Campbell (Clarksville, TN), Kentucky
6. In 2011, Chase will host 10 borrower outreach events near large military bases.

Chase will staff all of its Homeownership Centers with employees specifically trained in SCRA, military issues and Chase special military programs.



Jobs

JPMorgan Chase will take significant measurable steps to offer jobs and training to veterans. The company:

- Will form an alliance with other major corporate employers to commit to hire 100,000 military and veterans in total over the next ten years. We have already received commitments from several corporate partners and have reached out to many others. We will announce full details of the alliance in the coming weeks.
- Will require all of its vendors to disclose its military hiring practices and will make contract decisions in part based on how strong those programs are. This is in addition to our current practice of requiring vendors to disclose their diversity practices.

Education and Training

Through its groundbreaking collaboration with Syracuse University, JPMorgan Chase will now offer a Technology Education certificate exclusively for veterans to prepare them for technology careers. All military who have served on active duty going back to 9/11/01 will be eligible to apply for the free program. It will be delivered online, so students can complete the coursework from any location. JPMorgan Chase employs 20,000 technology employees in the United States and will actively recruit graduates of the school to fill open roles. For more information about the program, go to www.veterans.syr.edu. Further details on enrollment will be available on chasemilitary.com in the coming weeks.

Any military borrower who has a question about a Chase loan should call our hotline numbers at:

Mortgage questions: 877-469-0110, Credit Card questions: 888-520-3863, All other consumer product questions: 800-242-7399

For more information on the firm's current programs available to military and veterans, visit www.chasemilitary.com

Hello,

My name is Nancy Davis. I am the Family Assistance Center Network Coordinator in Lenoir, NC at the State Family Assistance Center.

I was born in Atlanta, Georgia where my family lived for a couple of years. I am the middle child of three and have an older brother and a younger brother. Both of my parents come from a large family and I love to spend as much time with them as possible. I feel that time is something you can never replace and should never take for granted. Because of such strong family bonds, my family moved back to Burnsville, NC where they were originally from and that is where I grew up also. I now live in Morganton, NC where there are many outdoor activities such as walking parks and hiking trails. I love to get out and go hiking as much as possible. It is so peaceful to hike into the waterfalls and look at the beauty that surrounds you.



I got involved with Family Programs by volunteering as the Family Support Group Coordinator in OCT 2000 with Det. 2, 1451st Trans. Co. in Marion, NC. At that time and date we were called the Family Support Group and our goal was mainly to support the families in the unit as needed. As I was just starting out, I was baptized by fire so to speak as a Family Support Group Coordinator after the attack on our Nation on 09/11. The group name was changed to Family Readiness Group meaning we were to stay ready and prepared for all cycles, deployment and non-deployment. Det. 2, 1451st Trans. Co. FRG was very active. We received many donations from the community and sent them to the victims of 9/11. When the units started receiving alerts I heard that the National Guard Family Assistance Centers were going to open to assist the Soldiers and their Family during the deployments. I decided that I wanted to help in this assistance. I began working with the National Guard Family Assistance Center in April 2003 as a FAC Specialist. I really enjoy assisting the military Families. It is an honor to give back to our Service Members by helping them and their family. Thank you Service Members and Families for your daily sacrifice!



Hello Everyone,

My name is Frances Johnson and I am the Family Assistance Center Specialist at the State Family Assistance Center in Lenoir. I have lived in Lenoir all my life and I love being close to the beautiful rivers and mountains. I like to hike and camp and being outdoors. My family and my husband's family all live close by, and we get together often. My wonderful husband of 15 years is my soul mate and very graciously volunteers to assist this center and other places when we travel for events with loading, unloading materials and supporting me, the National Guard and Family Programs. I have nine years of National Guard service, three of those I worked Full Time AGR. I am very fortunate to have been trained by wonderful NCO's and Officers of the highest caliber. I have many

years experience in the Broyhill Furniture business based in Lenoir. I had missed being a part of the National Guard for a long time, then our son, Blake joined the National Guard in 2005. He has been deployed twice and returned safely both times. In January 2009 I became a member of Family Programs. I feel very blessed to again be a part of the National Guard thru Family Programs.

I appreciate the opportunity to serve the great soldiers and families of the National Guard. The sacrifices and support these soldiers and families make is truly amazing.

I thank each soldier for their commitment and dedication to duty so that we can all live in a free country. Let us remember that Freedom is NOT FREE and we live in the "Land of the Free, because of the Brave".

Military Family Life Consultants

MFLCs are available free of charge if you'd like to talk with someone. Sometimes, it's the little things that can turn into big things ... or, the elephant in the room that no one wants to talk about (and isn't going away). Maybe an impartial perspective can help. Call today to see how we can help.

John Alleman: Adult & Family Specialist/919-745-9635

Betty Steelman: Child & Family Specialist/919-665-9178

Family Assistance Centers

About Family Matters

Family Matters was created to provide Servicemembers and Families the most up to date information and services available. If you would like to contribute to future issues or you have suggestions and comments please contact the NCNG Family Programs Marketing and Communications Department personnel, Angelena Dockery or Kathryn Jarvis at

ncngfamilyprograms@gmail.com.

E-Versions

of Family Matters Can be downloaded at the North Carolina National Guard Family Programs webpage at www.nc.ngb.army.mil

Asheville Military Family Resource Center (MFRC)

7 Yorkshire St. Suite 101, 28803/Fax: (828) 274-8572

Debra Collington, FAC Network Coordinator debra.a.collington.ctr@us.army.mil, (828) 274-8571

Sue Bennett, FAC Specialist, susan.j.bennett.ctr@us.army.mil, (828) 274-8571

Charlotte Unit Family Contact Center (UFCC)

4240 West Blvd., 28208/Fax: n/a

Doretha McLaughlin, FAC Specialist, doretha.mclaughlin1@us.army.mil, (704) 344-2352, Ext. 14548

Rachel Talbott, FAC Specialist, rachel.talbott@us.army.mil, (704) 344-2352, Ext. 14547

Fayetteville Unit Family Contact Center (UFCC)

449 East Mountain Dr., 28306/Fax: n/a

Amy Wallace, FAC Specialist, amy.wallace3@us.army.mil, (910) 672-5125

Greensboro State Family Assistance Center (SFAC)

110 Franklin Blvd., 27401/Fax: (336) 691-7725

Katy Jones, FAC Network Coordinator, katy.m.jones@us.army.mil, (336) 691-7712

Sandy Harrison, FAC Specialist, sandy.harrison1@us.army.mil, (336) 691-7763

Greenville State Family Assistance Center (SFAC)

1401 N. Memorial Dr., 27834/Fax: (252) 551-6136

Dawn White, FAC Network Coordinator, dawn.white@us.army.mil, (800) 621-4136 Ext. 11150

Kannapolis Military Family Resource Center (MFRC)

6001 Gateway Ctr. Dr., Suite 109, 28081/Fax: (704) 788-0550

Shane Judd, FAC Coordinator/Legal Assistant, shane.judd@us.army.mil, (704) 788-4553

Sierra Johnson, FAC Specialist, sierra.johnson@us.army.mil, (704) 788-4554

Lynn White, FAC Specialist, lynn.white2@us.army.mil, (704) 788-4554

Kinston Unit Family Contact Center (UFCC)

2875 Dobbs Farm Rd., 28504/Fax: (252) 526-2772

Earlene Capps, FAC Specialist, earlene.capps@us.army.mil, (919) 334-9957

Gabrielle H. O'Flanagan, FAC Specialist, gabrielle.h.oflanagan.ctr@us.army.mil, (252) 526-2711

Lenoir State Family Assistance Center (SFAC)

1535 Beecher Anderson Rd., Lenoir, 28645/Fax: (828) 757-4519

Nancy Davis, FAC Network Coordinator, nancy.davis3@us.army.mil, (828) 757-4365 Ext. 4 line 2

Frances Johnson, FAC Specialist, frances.johnson3@us.army.mil, (828) 757-4365 Ext. 4 line 1

Raleigh Military Family Resource Center (MFRC)

130 Penmarc Dr. Suite 110, 27603/(919) 334-9966/Fax: (919) 334-9971

Mark Woolbright, FAC Network Coordinator, mark.woolbright@us.army.mil, (919) 334-9966

Earlene Capps, FAC Specialist, earlene.capps@us.army.mil, (919) 334-9957

Lisa Faison, FAC Specialist, lisa.faison@us.army.mil, (919) 334-0196

Elijah Fisher, FAC Specialist, elijah.j.fisher.ctr@us.army.mil, (919) 334-0195

Smithfield Unit Family Contact Center (UFCC)

406 Hospital Rd., 27577/Fax: (919) 934-2901

Abby Millsap, FAC Specialist, abby.e.millsap@us.army.mil, (919) 934-2013 Ext. 16

Southern Pines Unit Family Contact Center (UFCC)

500 Morganton Rd., PO Box 1317, 28387/Fax: (910) 692-3659

David Butler, FAC Specialist, david.earl.butler@us.army.mil, (910) 692-8747

Wilmington Unit Family Contact Center (UFCC)

2412 Infantry Rd., 28405/Fax: (910) 251-7130

Jim Marley, FAC Specialist james.marley@us.army.mil, (910) 251-7195

Wilmington Military Family Resource Center (MFRC)

3114 Randall Pkwy., 28403/Fax: (910) 343-1776

Judy Howard, FAC Network Coordinator, judy.m.howard@us.army.mil, (910) 343-1775

Julie Rowe, FAC Specialist, julie.b.rowe@us.army.mil, (910) 343-1776

VIRTUAL LEARNING OPPORTUNITIES

For demobilizing service members of the
National Guard, Reserve, Wounded Warriors
and their families!

Start charting your course to transition success by participating in these online learning events designed exclusively with you in mind! Our facilitators will teach you to translate your military experience into civilian terms, create a new financial plan or even understand the federal employment system. Sessions are designed to provide you practical information which can be put to use IMMEDIATELY!

Sessions for March and April:

Building Better Resumes	March 1, 6:30 pm Eastern
Why Write a Cover Letter	March 8, 6:30 pm Eastern
Building Better Resumes	March 16, 9 pm Eastern
Acing the Interview	March 22, 6:30 pm Eastern
Common Job Hunting Mistakes	March 30, 8:30 pm Eastern
Building Better Resumes	April 5, 8 pm Eastern
Social Networking and the Job Search	April 12, 9 pm Eastern
Job Fair Success Strategies	April 19, 6:30 pm Eastern
Art of Career Networking	April 26, 9:00 pm Eastern
Acing the Interview	April 28, 8:00 pm Eastern



GOALS | PLAN | SUCCEED

Requirements:

- ▶ Computer with broadband internet access
- ▶ Telephone Line
- ▶ Commitment to a successful transition
- ▶ Readiness for interactive learning experience



OFFICE OF
WOUNDED WARRIOR
CARE & TRANSITION POLICY

New topics are added monthly... coming soon: Job Fair Preparation, Landing a Federal Job and Financial Planning for Career Change.

*Seats are limited and fill quickly, so register today!
For more information go to TurboTAP.org.*

